

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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28 July 2000

"Leadership, Partnership, and Championship"

Texas Department of Health - Put Prevention Into Your Practice

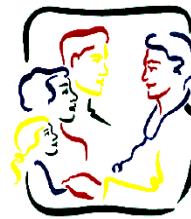
In 1994, the Texas Department of Health became the first state agency in the nation to pilot the PPIP model and is currently the only state agency with hands-on experience in the actual implementation of the PPIP strategy. In Texas, PPIP is used by the Adult Health Program (AHP) as a way to facilitate a preventive care delivery systems change in a variety of settings. They have developed a considerable body of experience in "how to" implement PPIP and, most fundamentally, "why" this system is an excellent model for provision of preventive services within primary health care settings. Tools include their Training Outline, AHP Manual and a Readiness Tool go to: <http://www.tdh.state.tx.us/ppip/history/index.htm>

Begin your planning now for 5 A Day Week September 10-16

This years theme is Fruits &
Vegetables: By Popular Demand



Join and with other Navy/ Marine Corps Sites by celebrating the entire month of September with different activities. Focus on the 10-16th with a local Challenge to eat 5-10 fruits and vegetables for better health and readiness. Encourage your folks to ask for more when they eat out, in the galley, at home, in vending machines, everywhere they eat. Contact your local commissary they are 5 A Day licensed. Consider a commissary produce tour, or taste testing arranged by them. Ask the galley to put the vegetables first in the serving line, it will save them money and improve nutrition....People will consume more. Check out our web for resources.
<http://www-nehc.med.navy.mil/hp/nutrit/index.htm>



PUT PREVENTION
INTO PRACTICE

IMPORTANT: NEW STOCK NUMBER for ordering DD2766!

The DD 2766 (Adult Preventive and Chronic Care Flowsheet), is now in stock from Navy Forms and Publications! Please note the NEW stock number: 0102-LF-984-8400 for the DD2766 and it costs \$14.30/100. The DD2766C (continuation sheet) stock number 0102-LF-984-9600 costs \$2.90/50. Go to the website <http://forms.daps.mil/order/> scroll down to "Form Number" and plug in "2766" in the search criteria block.

More Good News About Walking

Women who take brisk walks totaling three hours a week or do more vigorous activities such as jogging or aerobic dance for half that time reduce their risk of heart disease 35% to 40%, according to a new study of 72,488 women participating in the ongoing Nurses Health Study. Walkers dedicated to five hours of activity a week cut the risk of heart attacks 50%. To get these health benefits from walking, researchers say, a woman needs to walk at 3 mph or faster, which is 20 minutes or less per mile. Take heart if you've been sedentary for years: Women who were inactive when the eight-year study began but started exercising reduced their risk of heart disease by about the same amount as those who were active from the start.